

The Newport Navallog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



ALL TOGETHER, NOW — Officer candidates in the Broadened Opportunity for Officer Selection and Training (BOOST) program strain during a tug-of-war on Nimitz Field, Naval Education and Training Center, last Friday as part of the school's winter trimester Director's Cup competition. Story, more pictures, Page 9.



Adm. Natter offers update

Congressman Patrick Kennedy and CINCLANTFLT brief R. I. veterans on the war on terrorism.

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Job Fair 2002 great success

The Fleet and Family Support Center's Job Fair 2002 draws crowds to the Hyatt Regency Hotel.

— Page 3



STA-21 class checks in here

The first selectees for the Seaman to Admiral-21 program arrive at the Naval Education and Training Center.

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CINCLANTFLT briefs R.I. veterans on war

By RICHARD ALEXANDER
Navalog editor

U.S. Rep. Patrick Kennedy, D-R.I., and the Commander-in-Chief, U.S. Atlantic Fleet, last Monday gave about 100 war veterans an overview of the Navy's efforts in fighting the war on terrorism during a luncheon at the Officers' Club.

Kennedy and Adm. Robert J. Natter spoke to members of the Rhode Island Veterans Council, the American Legion, the Veterans of Foreign Wars and other veterans' groups. Kennedy also gave an update on the military construction budget and how it affects Newport.

Natter, who commands 150 ships, 39 submarines and 1,000 aircraft at 37 bases, said all Americans must contribute to the war

on terrorism.

"There is no way our military can succeed alone," he said. "They (terrorists) will attack our weak points. All citizens must be involved on state and local levels, to assist fire and police departments. We are involved in this effort together."

Natter detailed how the Navy mobilized after Sept. 11, with a East and West Coast defense shield of cruisers and destroyers. Aircraft from Oceana Naval Air Station in Virginia Beach deployed over New York and Washington D.C. airspace, and some joined the aircraft carrier USS John F. Kennedy deployed off Mayport, Fla. Warships also entered the Gulf of Mexico to guard oilfields.

The aircraft carrier USS Carl Vinson Battle Group, which was off the coast of India, turned



Ron Fontaine/U.S. Navy photo

NEWS FROM THE FLEET —Adm. Robert J. Natter, Commander-in-Chief, U.S. Atlantic Fleet, shares a light moment with U.S. Rep. Patrick J. Kennedy, D-R.I., after the admiral was introduced to veterans groups at the Officers' Club last Monday.

Environmental Protection honored for community outreach programs

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

The Environmental Protection Department of the Naval Station Newport Public Works Department is among several commands receiving honorable mention in the Navy-wide Chief of Naval Operations Navy Community Service of the Year Awards

Program.

The award, specific to five categories, recognizes individual Navy commands for exemplary community initiatives in Personal Excellence Partnership; Health, Safety and Fitness; Campaign Drug Free; Project Good Neighbor. Awards are given in small, medium and large shore; small, medium and large sea; and small,

medium and large overseas commands.

As the winner of the competition in the Commander, Navy Northeast Region competition catchment, NAVSTA was forwarded for the competition Navy-wide.

Naval Station Newport competed with other large shore **ENVIRONMENTAL**, Page 14

Jazz trumpet concert next in recital series

By KATE WHIDDEN
Navalog contributor

Navy Band Northeast will continue its Spring Recital Series with a jazz trumpet recital by Musician Third Class Jason Hanna on Sunday, March 24 at 3 p.m. in Pringle Auditorium.

Musician Second Class Tony Grizzel will perform in the Spruance Auditorium Lobby on Sunday, April 7, at 3 p.m.

Chief Musician Heidi Willson will provide a selection of Broadway tunes on Sunday, April 14, at 3 p.m. in the Pringle Auditorium.

A classical trombone performance by Musician Second

Class Jonathan Ward is scheduled for Sunday, April 28 at 3 p.m. at the Pringle Auditorium.

The final performance, the "Armed Forces Day Concert," will take place on Sunday, May 19, in the Spruance Auditorium at 3 p.m.

All Navy Band Northeast Spring recital concerts are free and open to the public. Guests should enter the naval complex through Gate One.

Members of the public who do not have a pass to gain entrance to the Naval Station can call 841-3538 to make reservations for the concerts.

THE NAVALOG

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Commanding Officer, Naval Station Newport

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Ron Fontaine/U.S. Navy photo

SHIPPING OUT...BY BUS—The first of two buses loaded with Naval Reservists attached to Mobile Inshore Undersea Warfare Unit 202 prepares to leave Naval Station Newport on Feb. 27 for an undisclosed mission in homeland defense. The unit, mobilized in November, operated out of Building W36.

Newport Naval Cable TV

Reenlistment update leads off Navy News

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's Navy/Marine Corps News show:

—Chief of Naval Personnel Vice Adm. Norb Ryan talks about the latest re-enlistment news.

—Atlantic Fleet Master Chief Thomas Hefty is relieved by Fleet Master Chief Buck Heffernan during a ceremony in Norfolk, Va.

—Marines from U.S. Marine Forces Central Command deploy to Bahrain to support Lt. Gen. Earl Hailston and his staff.

real world. Travel coast to coast, continent to continent.

Fleet & Family Support

Parents and teenagers may be interested in the Fleet and Family Support Center video series. These programs deal with a variety of topics which are of interest to children of all ages, and families.

The programs air daily on channel 11 at 10 a.m., 1 and 7 p.m. The weekly schedule is displayed below.

To obtain a video schedule or for more information, contact the Naval Station Newport Public Affairs Office at 841-3538.

History video looks

at 19th century warfare

This week's featured video, *The History of the Navy, End of the War of 1812 through the Civil War*, will follow Navy and Marine Corps News, at 9 a.m., and 1 and 6 p.m.

Go Navy, chart your future

This week on Newport Naval Cable Television see the Navy's latest 12-minute informational video on channel 11 at 8:20 and 11:50 a.m., and 5:20 p.m. which may help you decide your future.

Higher education in the Navy escapes the traditional classroom and takes on the adrenaline of the

| DAY | TITLE |
|-----------------------|------------------------------------------------------------|
| Friday through Sunday | How to Cope with School Violence |
| Monday | Disrespect, Rudeness and Teasing |
| Tuesday | Coping with a Substance Abusing Parent |
| Wednesday | Anger, Temper Tantrums and Violent Emotions |
| Thursday | Self-Esteem Tips for Children from Dysfunctional Families. |

Technology Expo slated for Recreation Center

Naval Station Newport will host an Information Technology Exposition on Tuesday, March 12, from 10 a.m. to 2 p.m. at the Recreation Center, Building 656. The exhibit is free and all commands are invited.

Coordinated by the Federal Business Council, the exhibit is an opportunity to bring the latest and greatest in computer hardware, software and accessories, contracted services and other office and work-station products

from the various information technology and office supply catalogs all under one roof.

Attendees are able to gather information and see video and hands-on demonstrations.

All companies represented are authorized to do business with federal governmental agencies.

For a list of exhibitors and their products or services visit www.fedpage.com/eventslist.asp, or contact Mark Gable at 1-800-878-2940.



Ron Fontaine/U.S. Navy photos

ON THE JOB HUNT — Senior Chief Hospital Corpsman Janice Hughes, from the Naval Ambulatory Care Center Newport, gathers information about Women & Infants Hospital at the 2002 Job Fair last Monday at the Hyatt Regency Hotel.

Job Fair 2002 draws strong military interest

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

More than 300 people visited the Hyatt Regency Hotel on Goat Island last Monday looking for work—not with the hotel chain, but with more than 45 employers from around the area at the Fleet and Family Support Center's Job Fair 2002.

The annual fair is specifically tailored for those affiliated with the military. Participants represented employers from a variety of employment fields, including office services, technical, professional, financial services, hospitality and health care.

Master Chief Gunner's Mate (SW) Donald Bullard hasn't had to look for a job in 30 years. The command master chief for Naval Health Care New England retires in two weeks and finds the experience overwhelming, but said coming to the Job Fair was positive step.

"It's scary," said Bullard. "I'm not sure what to look for or what I want to do."

Bullard said the job fair offered an informal forum to get comfortable with the process and to establish a network system.

"I already have a few prospects that I plan to follow **JOB FAIR**, Page 13



CHIEF Electronics Technician (SS/SW) Edwin Gonzalez attached to the Naval Undersea Warfare Center Division Newport, talks to Jeanne Langlois, a staffing assistant also from NUWC, about civilian job opportunities at the command.



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PHC (AW) Jon Hockersmith/U.S. Navy photo

ON THE JOB — Interior Communications Electrician First Class (ESWS) Stephen F. Blease was recently named the Naval War College's Sailor of the Year for 2001.

War College names top Sailor

By ENS PETER FEHRING
Naval War College Public Affairs Staff

Interior Communications Electrician First Class (ESWS) Stephen F. Blease was recently named the Naval War College's Sailor of the Year for 2001.

Recognized in a ceremony at Spruance Hall,

with his wife and daughter at his side, Petty Officer Blease was cited as a "proficient and professional Sailor who consistently stood out from his peers."

"This is such an honor for me to have received the Sailor of the Year Award here at the Naval War College," he said. "It is a great feeling to have

BLEASE, Page 13

Engineman named top junior enlisted

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

Engineman Second Class (Surface Warfare) Roderick O. Rose of the Naval Education and Training Center (NETC) has been selected as the 2001 Junior Enlisted of the year for local area commands at Naval Station Newport.

The winner of one of three categories encompassed under the annual Service Member of the Year Program, Petty Officer Rose will be honored at a reception later this year co-sponsored by the Newport County Navy League and various other Newport area service clubs.

The Service Member of the Year Program recognizes outstanding achievement and contribution by service members

above and beyond the scope of their designated responsibilities.

The other categories include Junior Officer of the Year and Senior Enlisted of the Year.

Petty Officer Rose was selected from among eight candidates nominated by local area commands. They include: Interior

ROSE, Page 13



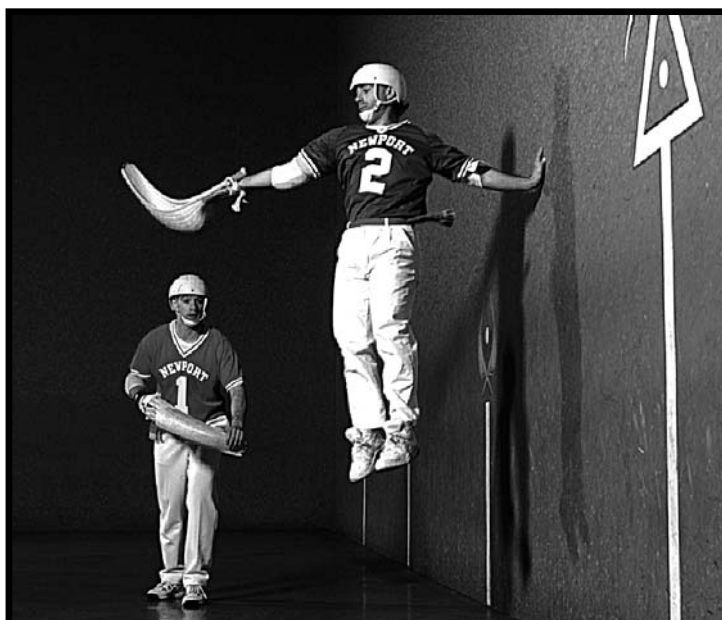
EN2 Rose

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Announcements

Stay off the grass, park in lots

With the spring season approaching and the softening ground, all personnel are reminded not to park on the grassy areas around the Naval Station Newport, Commanding Officer, said. Any vehicles found parked on lawns and ball fields will be subject to towing.

5th Ward Little League registration

Fifth Ward Little League Registration will be held Saturday, March 9, from 9 a.m. to noon, and Monday, March 11, from 5 to 7 p.m. at Hogan Field, Wellington Avenue.

Boys and girls, ages 5 to 12 (as of July 31) and who live within the Fifth Ward Little League boundaries are eligible to play. (The boundary includes Young Street, Bowery Street and East Bowery Street, and all points south including Fort Adams.

The fee is \$40 per child, with maximum \$60 per family. A birth certificate is required at registration and financial assistance is available. Military families are welcome.

Any questions, contact Dave Galvin, president (846-2633); Dean Chase, vice president (848-2171); or Kathleen Clair, Secretary (849-3757).

Little League registration

The Newport Little League will hold registration for T-ball, Minor and Major League teams on Saturday, March 9, from 10 a.m. to 1 p.m. at the Knights of Columbus Hall, 60 Halsey St. Boys and girls ages 5 to 12 (by July 31) are welcome to register.

Birth certificates and proof of Newport residency are required. League boundaries are north side of East Bowery Street and Bowery to the Middletown line. Volunteer coaches, umpires and concession help are needed.

For more information, call Mike Watts at 849-5857.

POSH training mandatory

The annual mandatory Prevention of Sexual Harassment (POSH) training will be held every Tuesday and Thursday this month in Petty Hall auditorium, Naval Education and Training Center. This training is mandatory for all civilian employees.

Supervisory POSH training will be scheduled at a later date.

The sessions are: March 12 and 14 at 10 a.m. and 1 p.m. If you have any questions or have any special requirements, call Karen Peckham, 841-6197.

New gate hours posted

New gate hours for the Newport naval complex have been posted. The base is under Force Protection Bravo.

Gate 1: Inbound and outbound traffic, 24 hours, weekdays, weekends and holidays.

Gate 2: Inbound and outbound, weekdays 6 to 8 a.m. and 3 to 6 p.m. Closed weekends and holidays.

Gate 4: Inbound and outbound weekdays 6 a.m. to 6:30 p.m. (9:30 p.m. on Thursdays); and weekends and holidays 8 a.m. to 6:30 p.m.

Gate 7: Inbound and outbound (Naval Ambulatory Care Center) weekdays 5 a.m. to 9:30 p.m.; and weekends and holidays, 6 a.m. to 6 p.m.

Gate 10: Inbound and outbound weekdays 6 a.m. to 5 p.m.; Saturdays 6 a.m. to 1 p.m.; closed Sundays and holidays.

Gate 11: Inbound only weekdays 6 to 9 a.m.; inbound and outbound weekdays 11 a.m. to 1 p.m.; outbound only 3 to 6 p.m.; closed weekends and holidays.

Pier Two: inbound and outbound, 6 a.m. to 6 p.m.; closed weekends.

Naval War College south gate at Luce Hall, weekdays 6 a.m. to 9 p.m.; closed weekends.

Flu vaccines for walk-ins

The influenza vaccine has arrived at Naval Ambulatory Care Center, Newport, and is available to eligible military family members and regular patients on a walk-in basis at the Immunizations Clinic.

No prescription or appointment is required.

Special events

ASYMCA/MWR Easter Egg Hunt

Children age 7 and under of active duty military members are invited to participate in the ASYMCA/MWR Easter Egg Hunt on March 30 beginning at 10 a.m. at the Recreation Center, Building 656.

This free, fun-filled family event will feature egg hunts in three age groups: 2 and under, 3 to 4, and 5 to 7 with terrific prizes awarded for each egg found! There are so many prizes that everyone will leave with something! There will be children's activities and refreshments available as well.

Mark your calendar today so you don't miss this terrific family event! Call Sonya Sloan McGough at the ASYMCA at 846-9622 or the MWR Publicity Office at 841-4992 for more information.

Spouses welcome coffee

The Newport Officer Spouse Club will sponsor a Welcome Coffee today from 1 to 3 p.m. in the Mahan Rotunda at the Naval War College.

The event is open to officer spouses and Department of Defense families who wish to become acquainted with both military and local activities and services, meet others new to the area, or discover old friends.

As a courtesy to those spouses who operate their own businesses, a common table will be available to display business cards. No selling of goods is permitted.

For more information, call Kathleen De Alicante at 846-2289.



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Ron Fontaine/U.S. Navy photo

WITH A SNIP OF THE RIBBON, Building 1112 at the Naval Education and Training Center on Codding Point opens Feb. 28. The renovated World War II structure features a new lecture hall (background), a fitness room and classrooms to be utilized mainly by the Broadened Opportunity for Officer Selection and Training program. From left are Capt. Daniel Brennock, commanding officer, NETC; Fire Control Technician First Class Shawn Roderick; and Cmdr. James J. Cunha, executive officer, Naval Station Newport.

What's going on

Home Show in Providence

PROVIDENCE — The 52nd annual Rhode Island Home Show begins March 13 to 17 at the Rhode Island Convention Center, One Sabin Street.

See the latest in home construction/materials and decoration, including flooring, cabinetry, furniture, landscaping, appliance and gadgetry, window treatments and more all under one roof.

Cooking and home decorating demonstrations, door prize drawings and more are scheduled daily. Hours are Wednesday through Friday, 2 to 10 p.m.; Saturday, 10 a.m. to 10 p.m.; and Sunday, 10 a.m. to 6 p.m. Cost is \$8 for adults; \$2 for children 6 to 12.

For more information, visit www.rihomehow.com.

TODAY, March 8

• **Armed Services YMCA:**
— Fitness Hour, 9 to 10:30 a.m.
— Let's Make Music, 11 a.m. to noon. Play different musical instruments and sing your favorite songs with your friends. \$5 per child.

• **"FitnessWalk and Tone,"** 8:30 to 9:30 a.m., Gym 109. New program designed for patrons age 50 and up. Class consists of stretching, muscle toning exercises and a 20-plus minutes of fitness walking around the gymnasium. Classes will be held Monday and Thursday. Cost is \$5 for five weeks! For more information, call the fitness staff at 841-3154.

• **Intermediate Weight Training for Women,"** 9 to 10:30 a.m., Monday and Wednesday, Gym 109. Learn basic nutrition and calorie consumption, how to burn fat not muscle, how to correctly use free weights/bars/plates/benches, and much more. Cost is just \$10 per person for the six-week class. For more information or to register, contact fitness staff at Gym 109, 841-3154.

• **Lunchtime Bingo, noon to 1 p.m.** at the Recreation Center, Building 656! New game every 10 minutes. Cost is \$1 each (three cards on a strip) Winners receive \$30 cash prizes! Jackpot overall game starts 12:30 p.m. Win \$500 if a overall Bingo is called within the first 50 Bingo numbers! If no winner, game continues until Bingo is called. Winner will win \$100, and \$10 and another number is added to next week's jackpot game. Also Thursdays.

• **Movies at Recreation Center, Building 656.** Shown all week upon request 5 p.m. to closing. Cork Romano Other movies are available and may be shown upon request.

SATURDAY, March 9

• **Kindermusik at Armed Services YMCA,** spring semester runs every Saturday through June 8, for newborns to age 5. Call Terriann Lane at 846-1331.

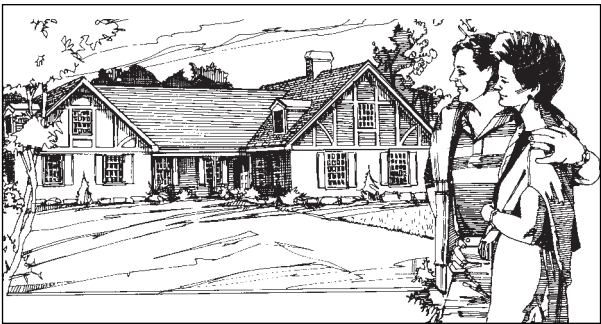
SUNDAY, March 10

• **Chapel of Hope worship services:**
— Catholic mass, 9 a.m. and noon.
— Protestant Services, 8 and 10:30 a.m.

• **Sunday Bowling, \$7 per hour,** Seaview Bowling Lanes, Building 656 - Gather your friends or family and head over for hours of fun every Sunday. Shoe rental is free for children under 12 and bumper bowling available, making this Sunday outing affordable for everyone! Two-person minimum per lane. In addition, the bowling center also has two pool tables, video games and cable TV for your favorite programs or sporting events. For more information, call the Bowling Center at 841-4293.

MONDAY, March 11

• **Armed Services YMCA:**
— Fitness Hour, 9 to 10:30 a.m.
— Basketweaving, 9 to 1 p.m. Learn the art of basketweaving with qualified instructor. \$24 per person.



— **Kids Sewing, 4 to 6 p.m.** A basic sewing class for ages 7 and up. \$48 for four, 90 minute or three, 120 minute classes, or \$36 for three, 90 minute sessions. Pre-registration and payment required. Call 946-9622. Adult Beginner Sewing No. 4, noon to 3 p.m.

TUESDAY, March 12
• **Armed Services YMCA:**
— Fitness Hour, 9 to 10:30 a.m.
— Stamp-o-Rama, 9 a.m. to noon. Create beautiful gifts and greeting cards. \$10 to make up to three projects or \$5 to stamp.

— **St. Patrick's Day Party, 11 a.m. to noon.** Leprechauns, four-leaf clover and pots of gold and corned beef and cabbage will be in abundance for all who are Irish this day. \$5 per person.

— **Adult Beginner Graduate Sewing, 6:30 to 8:30 p.m.** Make a beautiful bathrobe for yourself or as a gift. Tasks include how to apply a band, patch pockets and belt loops. \$32 per person.

• **Free movies at Officers' Club, 6 p.m.,** K-Pax (PG-13); 8 p.m. Ocean's Eleven (R)

WEDNESDAY, March 13
• **Armed Services YMCA:**
— Parents Time Out, 9 a.m. to noon. Bring your child(ren) ages 18 months and older to the "Y" while you run errands or enjoy some time for yourself. \$10 for the first child, then \$5 each additional child.

— **Kids Sewing No. 3 with Miss Eileen, 3:30 to 5 p.m.**

THURSDAY, March 14
• **Armed Services YMCA:**
— Fitness Hour, 9 to 10:30 a.m.

— **Knitting, 10 a.m. to noon;** Learn to make beautiful hand-knitted items
— **Corned Beef and Cabbage Lunch, noon to 1 p.m.** Come to the ASYMC and enjoy a traditional Irish meal with your friends. \$5 for adults/\$1 for children.

— **Kids Sewing, 2:30 to 4 p.m., and 4 to 5:30 p.m.**

— **Stamp-o-Rama, 6 to 9 p.m.** Create beautiful gifts and greeting cards. \$10 to make up to three projects or \$5 to stamp.

— **Adult Beginner Sewing, No. 2, 6 to 9 p.m.**
• **Surviving Your Adolescents, Part II, Fleet and Family Support Center, 11:45 a.m. to 1 p.m.** Call 841-2283.

Upcoming:
March 16 - Newport St. Patrick's Day Parade, 11 a.m. from City Hall, Broadway to St. Augustin's Church. Mile-long trek featuring military, local fire and police department, bagpipers, local high school bands, clowns, civic groups and more.

March 17 - St. Patrick's Day.

March 31 - Easter Day.
April 13 - 60th annual Newport Area Seabee Birthday Ball, 6 p.m., Naval Station Newport, Officers' Club. CNOMC (SCW) Harrell T. Richardson, Naval Facilities Engineering Command and Master Chief of the Seabees will be the guest speaker. For tickets or more information, contact BUC(SW) Belamy or YN1 Newman, 841-6220.

April 28 - Salute to Rhode Island Military Women, (reception, noon), Crowne Plaza Hotel, Warwick, R.I. Dinner, 1:30 p.m. Guest speaker, Newport Native Rear Adm. Barbara McGann, Provost, Naval War College. \$40 per person payable to RIROA, Lt. Col Dennis Morgan, 432 Buchanan Street, Pawtucket, RI 02860, (401)724-3913, bingo@ids.net.

Former ambassadors discuss Middle East

Robert B. Oakley, former U.S. Ambassador to Pakistan and Edward P. Djerejian, former U.S. Ambassador to Israel, spoke this week at the Naval War College's two-day conference, "The Arc of Instability: Challenges for U.S. Policy and Strategy in the Greater Middle East."

Oakley spoke Wednesday night and Djerejian spoke Thursday morning. Panel discussions, led by a moderator, were held Wednesday and Thursday afternoons.

Rear Adm. Rodney P. Rempt, President of the Naval War College, kicked off the two-day symposium on Wednesday morning.

The conference featured several panels of distinguished professors from numerous countries, and is part of the Naval War College's intercessional program, which occurs between academic trimesters.

After the conference concludes today, 84 members of the Class of 2002 will graduate with master of arts degrees in national security and strategic studies. The spring trimester begins March 11.

Dr. Lyle Goldstein, associate professor of strategic studies at the Naval War College and conference director, said the conference provided a timely opportunity to review the most fundamental aspects of U.S. strategy in this vital region.

Oakley was named by President Bush as Special Envoy to Somalia, serving there during Operation Restore Hope until March 1993. In October 1993, he was again named as special envoy to Somalia by President Clinton and served in this capacity until March 1994.

For the past seven years, Oakley has served as a Fellow at the Institute for National Strategic Studies, National Defense University. He was appointed U.S. Ambassador to Pakistan in August 1988.

Djerejian, currently the Director of the James A. Baker III Institute for Public Policy at Rice University, has served as both U.S. Ambassador to Israel in 1991, and assistant secretary of state for Near Eastern Affairs from 1991-93.



Ron Fontaine/U.S. Navy photo

REPRESENTATIVES of Raytheon Naval & Maritime Integrated Systems in Portsmouth present framed pictures of the aircraft carrier USS Nimitz and Admiral Chester Nimitz, by retired Chief Photographer Thomas J. Murphy of Raytheon, to the Naval Academy Prep School in appreciation for the school's participation in Raytheon's own Nimitz memorial quarterdeck, which was dedicated last April 9. From left are retired Lt. Cmdr. James Boyle, director of Raytheon's Maritime and Surveillance Systems Program; retired Cmdr. Michael Slein, Raytheon's director of Strategic Plans; Capt. Bruce S. Bole, Commanding Officer, NAPS, and Chief Storekeeper James Flynn, who with Boatswain's Mate First Class Kevin Kumpf, not shown, worked on the project.

Ticket Connection

We love New York, and so will you!

There's no city on Earth like the Big Apple and the Morale, Welfare and Recreation Department Ticket Connection is going to take you there on Saturday, April 13!

Shop for the latest spring fashions, visit the newest exhibit at a museum, or catch a Broadway show for half-price with tickets from the Times Square ticket booth - the choice is yours! Trip price is just \$43 per person and the bus will depart at 7 a.m. from the grassy area outside of Gate 4 and is scheduled to return at approximately 11 p.m. Register at the Ticket Connection, Building 656, or call 841-3116 for more information.

Peek inside some fabulous houses

If you have always wondered what the inside of some of the most beautiful privately-owned homes in Newport look like, the eighth annual "Neighborhoods of Newport" House Tour is what you've been waiting for!

The tour takes place, rain or shine on Sunday, April 28 from 10 a.m. to 4 p.m. and ticket holders will be able to tour the interiors of five fabulous homes never before open to the public!

For security purposes and in order to protect the privacy of the homeowners, we cannot divulge the exact locations of these properties until the day of the tour; however, we can tell you that this year's tour will be spectacular! Participating homes include a breathtaking 100-year-old ocean front estate perched on a cliff, an historic 1700s sea captain's home, and a 9,000-plus square foot contemporary villa, situated on four-acres.

Discounted tickets may be purchased at the Ticket Connection, Building 656, and are priced at \$23 per person. Tickets purchased at other sale locations will cost you \$25 (until April 15) to \$30 (after April 15), this is a real money saving opportunity to see some of Newport's most fabulous residences—inside and out!

Absolutely no cameras, pets, high-heeled shoes or children under the age of 12 are allowed. For full details, visit the Ticket Connection Office or call 841-3116.

See the 'Big Picture for less!

Going to the movies this weekend? Stop by the Ticket Connection, Building 656, and pick up some discount movie tickets first. These tickets cost just \$6 each and may be used at the Holiday and Opera House cinemas.

Tickets to the Jane Pickens Theatre are just \$5, so don't let this great, money-saving offer pass you by! Call 841-3116 for more information.

Management course hones financial skills

By ENS. VIVIAN BALL
CNET Public Affairs Office

PENSACOLA, Fla. — Senior military and government civilian personnel can now enhance their business skills through a new financial management course offered at the Navy Supply Corps School (NSCS) Athens, Ga.

The Advanced Management Program (AMP) will provide managerial and financial instruction on Navy business practices, keeping Navy

personnel at the forefront of the commercial world, while avoiding commercial prices.

The AMP offers senior managers an opportunity to gain graduate level education in three core areas; cost management, organizational management, and operations management. The three-week course allows participants to assess their abilities and knowledge in these core areas, offers a broadened business perspective, and develops a skill set for use in

COURSE, Page 13



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SOME of the 80 selectees in the new Seaman-to-Admiral 21 program fill out paperwork in Capt. Howard N. Kay Hall as they arrive with the Naval Science Institute's first class last Monday at the Broadened Opportunity for Officer Selection and Training.

NETC receives selectees for Seaman-to-Admiral 21

By LT.J.G. AMY K. PITTS
BOOST Public Affairs Officer

A new era in Navy education began as the first class of the Navy's newest fleet accession Seaman-to-Admiral 21 program checked aboard the Naval Education and Training Center on Feb. 25 for five months of instruction.

STA-21 is the latest evolution in the enlisted commissioning vehicle, combining the previous Seaman to Admiral program created by the late Chief of Naval Operations, Adm. Jeremy "Mike" Boorda, with several others.

The STA-21 program is designed to meet the officer accession goals of the Navy in the 21st Century, while at the same time creating a fair and equitable system for outstanding active duty Sailors to receive a top-notch college education and become commissioned officers in the Unrestricted Line (URL), Nurse Corps (NC), Supply Corps (SC), or Civil Engineer Corps (CEC).

STA-21 combines the Seaman To Admiral, Enlisted Commissioning Program (ECP), Aviation Enlisted Commissioning Program (AECIP), Nuclear Enlisted Commissioning Program (NECP), Civil Engineer Corps Enlisted Commissioning Program (CECECP), Fleet Accession to Naval Reserve Officer Training Corps (NROTC) (Includes Nurse Option), and Broadened Opportunity for Officer Selection and Training (BOOST) program applications, making it easier for Sailors to apply for various programs.

STA-21 selectees will spend eight weeks in Newport as a student at the Naval Science Institute (NSI), co-located at NETC, and some will spend three to six months of academic preparation as a BOOST student prior to NSI training.

Eighty members of the Naval Science Institute's first

class reported March 4, one week after the first NSI BOOST class.

The Naval Science Institute will provide instruction in six classes offered at NROTC units including: Introduction to Naval Science, Sea Power, Introduction to Engineering, Weapons Systems, and two Navigation courses.

The NSI program allows Sailors to concentrate on their other collegiate courses once they get to college, particularly important now that the Sailors must complete their degree plans in a 36-month timeframe.

The STA-21 program makes college extremely cost effective for Sailors. The program allots up to \$10,000 per year to the Sailors, to be used for tuition, books and fees incurred by a student attending college full time for the entire year. This sum will cover the total costs of many of the colleges that STA-21 students are authorized to attend (the school must have an NROTC unit for Sailors to attend).

In addition to the \$10,000/year voucher, Sailors receive their basic pay and BAH, are eligible for advancement, and many will be eligible for fleet housing units as well.

Although Sailors are ineligible for Tuition Assistance or

the GI Bill benefits as an STA-21 undergraduate student, they can use these benefits later for graduate school, if desired.

The Navy feels it has created an incredible program for Sailors who want to become commissioned officers. In short, students can attend school for free (in most cases), and enjoy their active duty pay and benefits; the Navy gets new officers faster than ever, and the streamlined process saves money across the board.

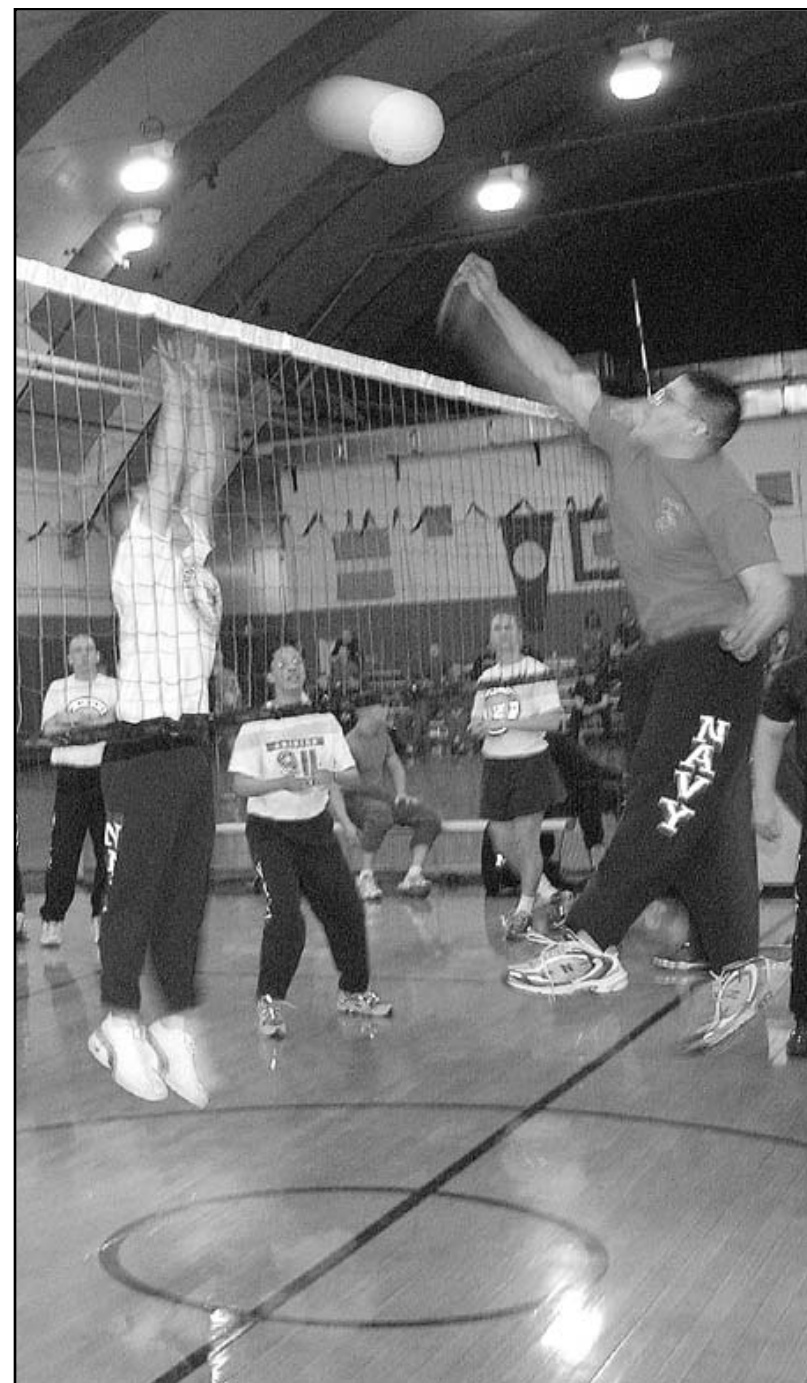
Approximately 505 Sailors will study in Newport each year before going to their prospective schools.



SIZING UP—Senior Chief Operations Specialist (SW) David Niedermayer, left, measures the neck of incoming NSI student, Machinist's Mate Third Class Chadwell Herr as part of Navy PT regulations on body fat.



A SQUAD in the Broadened Opportunity for Officer Selection and Training program warms up for competition on Nimitz Field.



ALPHA AND BRAVO Companies duel it out on the volleyball courts at Gym 109.



A LOOSE ball causes scramble on the basketball courts at Gym 109.



ON THE RUN—Alpha, Bravo and Charlie Companies break into relay race squads and run around Nimitz Field as Director's Cup competition winds down.

Ron Fontaine/
U.S. Navy photos

BOOST companies duel in competition for Director's Cup

By RICHARD ALEXANDER
Navallog editor

The three companies in the Broadened Opportunity for Officer Selection and Training (BOOST) program squared off again last Friday for Director's Cup competition in volleyball, basketball, relay races and a tug-of-war.

The court games were held in Gym 109 and the outdoor events took place on Nimitz Field, Naval Education and Training Center (NETC).

Maj. Craig Stiles, Battalion Officer, said last Friday was the second trimester competition among Alpha, Bravo and Charlie Companies. Each company is broken up into smaller squads or teams, each a mix of Sailors and Marines, men and women to make them as balanced as possible.

ble.

"We also figure in grade point averages, and uniform inspection," he said.

BOOST this year is beginning to incorporate elements of the Navy's newest officer accession track: the Seaman-to-Admiral 21 (STA-21) program which consolidates and simplifies 14 officer accession programs into six for enlisted members. After BOOST, the Sailors will attend Naval Science Institute, also at NETC.

Last Monday about 80 pre-NSI students arrived at BOOST to sharpen some academic skills, but will graduate before the Class of '02.

But between the academics there must be time to blow off steam in "friendly" competition, although two students suffered minor knee and ankle injuries at Gym 109 and had to be treated by EMTs from the NAVSTA Fire Department rescue wagon.

In the warmer months there may be fewer team competition and more personal endurance and fitness events, such as a three-mile run, a "fireman's carry," sit-ups and pull-ups. Marines sometimes hold a "bull in the ring" competition.

Company standings after the winter trimester follow:

Alpha Company, 50 points

Charlie Company, 46 points

Bravo Company, 42 points

In the spring trimester competition, there will be a fourth unit, Delta Company, which include the three-month BOOST class, Maj. Stiles said.

He said Charlie Company pro-

duced the best grade point average for the winter trimester at BOOST, "which of course is our first priority."



Medical Corps turns 131

Lt. Hattie M. Tapps, Medical Corps, and Capt. Francis R. MacMahon, Commanding Officer, Naval Health Care New England cut a birthday cake, left, March 1 celebrating the 131st anniversary of the Navy Medical Corps outside the Physical Therapy Clinic, at the Naval Ambulatory Care Center Newport. Cmdr. Peter J. Peff, Family Practice Clinic, presented a historical overview and provided photos and reading material for the staff.

HM2 Michael Duff/U.S. Navy photos

Fleet and Family Support Center

Get some inside help before buying new car

Have you ever purchased a car or truck and then had this uncomfortable feeling that maybe you paid too much? If you want information on how to buy a new or used car or truck, plan on attending our workshop, **Your Ticket to Ride**, at the Fleet and Family Support Center on Tuesday, March 19, from 6:30 to 8 p.m.

Representatives from the Navy Federal Credit Union will provide you with the skills to negotiate the best price, compare costs of ownership, conduct research via the Internet and to explore financing and lease options. Call 841-2283 for more information and to register.

Federal Job Applications — Dust off those old resumes and join us at the Fleet and Family Support Center on Wednesday, March 20, from 11:30 a.m. to 1 p.m.

Learn how to catalog and describe your skills in a reader-friendly way. Learn about the various ways you may apply for federal jobs, including how to use the new Resumex system. Step-by-step coverage of sample forms will be reviewed, as well as computer programs for federal applications. Registration is required by calling 841-2283.

Home By Myself — The Home By Myself Program will be held at the Fleet and Family Support Center on Thursday, March 21, from 3 to 6:30 p.m. Skills for children who may be left alone at home will be presented. Fire and police safety tips, basic first aid,

and role-playing will be part of the program. A pizza party and certificate presentation will follow. Children must be accompanied by an adult.

By 2002 all children under the age of 13 living in Naval Station housing must complete this program before being left alone in Navy housing.

Completion of this program does not certify that children are capable of staying home alone; that remains a parental decision. Registration is required and may be made by calling 841-2283.

Sponsor Training — The difference between a good transfer and a bad one can sometimes be the first impression a new member and his or her family get when they arrive at the new duty station. That is why the Navy Sponsor Program was established.

The sponsor plays a big part in making the first impression a positive one. A sponsor is a "friend" who is willing to help relocating personnel and their families when transferring on Permanent Change of Station (PCS) orders.

To prepare Navy sponsors, the Fleet and Family Support Center is conducting a Sponsor Training Workshop on Thursday, March 21, from 9 to 11 a.m. This training provides information pertinent to the performance of sponsorship duties. It is valuable for individuals who will act as sponsor or department representatives selecting sponsors.

Registration is required and may be made by calling 841-2283.

Homebuyers Workshop — Come to the Fleet and Family Support Center on Thursday, March 28, from 7 to 9 p.m., and meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages and other financial options.

Home-buying information for all areas of the United States is available at this workshop.

Birth

Ashleigh Rudesill

Ashleigh Annette Rudesill, daughter of Lt. Cmdr. Mark and Charla Rudesill of Middletown, was born Feb. 10, 2002, at Newport Hospital. She weighed 9 pounds, 2 ounces and was 20 1/2 inches long at birth. Lt. Cmdr. Rudesill is a student at the Naval War College.

Naval Station Newport Clubs

BINGO is now even better

Lunchtime BINGO at the Recreation Center, Building 656 is the place to be every Thursday and Friday. Cover all the numbers on your BINGO card within the designated amount of numbers called and you will win \$300!

If no one wins, play continues until a good BINGO is called, winning that lucky person \$75!

Don't forget, if the jackpot isn't won another \$10 and another number is added for the next week—making the stakes even higher and the prize even richer! Friday's Jackpot starts at \$500 (and is currently over \$6000), so you won't want to miss the 12:30 p.m. Jackpot game on either day!

There are still three regular games each day with \$30 prizes for every BINGO called and the Recreation Center serves lunch beginning at 11 a.m., so, bring your appetite for delicious food AND winning.

For more information or to order take out, call the Recreation Center at 841-2575.

Officers' Club

Kick off the weekend tonight from 5 to 7 with complimentary hors d'oeuvres in the Topside Pub. This buffet is kept well stocked with a variety of your buffet favorites and a huge selection of beverages.

For more information, call 846-7987.

You'll feel lucky as a leprechaun if you purchase tickets to a spectacular pre-St. Patrick's Day Dinner Show on Friday, March 15, at the Officers' Club. This special evening of fine dining, music and dancing features a traditional Irish buffet and music by *Anything Goes*.

Start the night with a cocktail (cash bar) and some delicious Blarney beer cheese and crackers at 6 p.m. Next, enjoy a crock of hearty Dublin split-pea soup, shamrock salad, Irish soda bread, an abundant, all-you-can-eat Irish buffet including corned beef and cabbage, Irish stew and more! Top it all off with a visit to our Irish coffee station for your individually-made Irish coffee created with Old Bushmill's Irish Whiskey and Bailey's Irish Cream.

Decadent desserts are also included in this marvelous March event!

After you eat, put on your dancing shoes and get ready to kick up your heels until the wee hours of the morn to the fabulous sounds of *Anything Goes*. Tickets must be purchased in advance and cost just \$22.95 each, including gratuity. Order by phone (Visa/MC only) at 846-2515 or visit the O'Club Gift Shop in Building 95 today!

Crab-Is-King at the Officers' Club during this semi-annual feast! Purchase your tickets today, and you'll be enjoying a crab-lover's feast featuring dozens of mouth-watering crab delicacies on Friday, March 22!

Start your evening with delicious, homemade thick-with-crab bisque. Next, build yourself a fresh tossed salad from our



SHRIMPY DELICIOUS — Shake-off the winter blues and welcome spring with tickets to a fabulous Shrimp Feast, Friday, April 12 from 5:30 to 9 p.m. at the Officers' Club! Tickets go on sale Monday, March 11, for this huge shrimp-lover's event!

super salad bar (includes crab salad) while your server brings loaves of warm rye bread—dig in!

Then, visit the buffet table and help yourself to crab cakes with zesty lemon sauce, crabmeat lasagna, crab del ray, stuffed crab legs, and, of course, Alaskan king crab legs!

That's not all. This incredible buffet also features thin-sliced top round of beef au jus with whipped horseradish sauce, chicken parmesan, fresh vegetables al dente, and the best scalloped potatoes around!

Seating times are available from 5:30 to 9 p.m. and must be confirmed at time of ticket purchase. Tickets cost just \$30.95 for adults, \$11.45 for children 4-12 and all tickets include gratuity. You must purchase a ticket in advance, so get yours today!

Call 846-7987 for your tickets.

The O'Club is Jazzin' up lobster night again! Back by popular request, local jazz pianist Matthew Quinn returns to the Officers' Club for a spectacular repeat night of music, food and fun on Thursday, March 21!

Bring the whole family down to the Grand Ballroom for a festive evening featuring the ever-popular "Lobsters for Happy Hour" menu and free musical entertainment by one of Newport's finest jazz pianists, the quinn-tessential Matthew Quinn! Accompanying this Great is superb vocalist Billy Weston, another Newport shining star! Whether you love jazz or not, you won't want to miss this exciting and energizing event.

Dine on one-plus pound boiled lobsters, hot and spicy chicken wings, including blue cheese dressing and fresh-cut celery sticks, giant Idaho baked potatoes and fresh garden salad. It's a meal fit for a prince at a pauper's price!

"Lobsters for Happy Hour" are available

from 5 to 7 p.m.; the pub menu will also be available starting at 5 p.m. Matt Quinn & Billy Weston will perform from 5:30 to 8 p.m. in the Grand Ballroom.

This special event is sure to be a treat for the whole family, so come down, eat lobster, and listen to great jazz music at this extra special "kick off the weekend" event! For more information, call 846-7987.

Shake-off the winter blues and welcome spring with tickets to a fabulous Shrimp Feast, Friday, April 12 from 5:30 to 9 p.m. at the Officers' Club! Tickets go on sale Monday, March 11 for this huge shrimp-lover's event!

Enjoy thick-with-shrimp bisque, salad, and warm dinner rolls before you dig into the all-you-can-eat shrimp buffet featuring shrimp cocktail, baked stuffed shrimp, jumbo shrimp scampi, grilled lemon pepper shrimp, Louisiana BBQ shrimp, three-alarm shrimp, table-served golden-fried split-tail shrimp and more!

Tickets cost \$29.85 for adults, \$11.45 for children (4-12), and, as always, children 3 and under are free.

Please note — Gratuity is included in ticket price.

Seating reservations are required and must be made at time of ticket purchase. Call 846-7987 to purchase tickets or for more information.

The Officers' Club has announced the dates for the 2002 Dinner Show series. All shows feature lively entertainment from premiere local bands and a spectacular gourmet menu. Advance tickets are required for all shows and are currently on sale at the Officers' Club.

Ticket prices include gratuity.

The remaining shows are:

March 15, Anything Goes (traditional Irish buffet), \$22.95 per ticket

April 19, Ronnie Rose Band (gourmet menu), \$24.10 per ticket

Tickets may be purchased at the Officers' Club Gift Shop or by phone (Visa/MC only) by calling 846-7987 during normal hours of operation. For more information, contact the Officers' Club.

The Topside Pub offers great, low-cost specials every night of the week! Don't miss a terrific double meal deal every Monday and Tuesday night from 5:30 to 8 p.m. Pasta Nights feature all-you-can-eat fresh cooked pasta, salad and warm garlic bread.

Get over the mid-week blues on **Wednesdays** with free sliced beef from 5 to 7 p.m. Buy a beverage of your choice and receive a "free food token" good for two free sliced beef sandwiches.

Every **Thursday** night, from 5 to 7 p.m., join your friends at the Topside Pub for lobsters for happy hour. You can get one-plus pound boiled lobsters, GIANT baked potatoes, hot and spicy wings and fresh garden salads for super prices you won't find anywhere else! It is meal fit for a king or queen at a great price!

The pub opens at 4 p.m. Monday through Saturday. For more information, call 849-3693.

Recreation Center

The Morale, Welfare and Recreation

Department's Computer Café is now in the Recreation Center, Building 656.

You can send and receive e-mail, surf the web, play games, watch television and enjoy a snack or meal from the Recreation Center kitchen.

The computer center is open seven days a week and computer use is still free, so it's never been so easy or affordable to stay connected to friends and family!

Current hours of operation are: Monday through Thursday, 7:30 a.m. to 11 p.m., Friday, 7:30 a.m. to midnight, Saturday, 11 a.m. to midnight and Sunday, 9 a.m. to 10 p.m.

Call 841-2194 for more information.

Eat, Drink and Play: The Computer Café at the Recreation Center opens at 7:30 a.m. Monday through Friday, and offers a delicious breakfast menu featuring sandwiches, bagels, croissants and even pancakes—all available for take-out!

Have a little more time? Come on in, sit down for a cup of coffee and eat, drink and play—it's a great way to start your day!

For more information or to place an order, call 841-2575.

Enlisted Lounges

The original reality based show *Survivor* is back at the beach, this time from "paradise" on the island of Marquesas, a distant neighbor of Tahiti in the South Pacific. Watch at the Recreation Center, every Thursday night starting at 8 p.m. and see who survives. Cast your ballot on who will be the next one "Pitched out of Paradise," by 8:45 p.m. and you could win!

At the conclusion of the show the bartender or manager on duty will begin pulling the ballots. The first correct answer will win! The winner at the Recreation Center will receive a gift certificate for a fish & chips dinner. You must be present to win and there will be one winner for each episode. Contest will take place every Thursday through the final episode. Call 841-2575 or 841-3054 for more information.

What about lunch? Stop by the Recreation Center, Building 656, today and get a delicious lunch.

The kitchen opens at 11 a.m. and serves sandwiches, burgers, soups and salads. We've got the best creamy white, New England-style clam chowder around.

You can still enjoy a complete steak dinner including potato and salad, on Thursdays and fresh, delicious fish and chips on Fridays. Lunch is open to all hands and Department of Defense civilians are always welcome. Call 841-3054, for advance orders or for more information.

Every Friday — Enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m. Head over early and enjoy a delicious lunch including a fish n' chips special. The lunch menu also includes sandwiches, burgers and more. For more information or take-out orders, call 841-3054.

Visit the Enlisted Lounges at the Recreation Center, Building 656, every night of the week for great money-saving specials! Order off our delicious pub menu, featuring burgers, salads, sandwiches and more.

Health Promotion Department

Get children on healthy diet at early age

By KRISTIN WILKES
NACC Newport dietitian

March is National Nutrition Month and this year's theme is "Start Today for a Healthy Tomorrow." With Type 2 diabetes on the rise at a record pace, it is now more important than ever to begin healthy eating habits at a young age.

In 1998, the National Heart, Lung, and Blood Institute estimated that 97 million adults in the United States were overweight or obese. This means that they had BMI's (or body mass indexes of greater than 25 or 30, respectively).

The risks of poor diet and inactivity have been well established and were linked to an estimated 300,000 preventable deaths in 1990, only second to tobacco use. Diet and exercise are believed to contribute to 22 to 30 percent of cardiovascular deaths, 20 to 60 percent of fatal cancers, 50 to 80 percent of type 2 diabetes, and 30 percent of diabetes deaths.

People of all ages can benefit from making healthy food choices, participating in regular physical activity, and making simple lifestyle changes. It is never too early to start.

With so many convenience foods out on the market, it makes

it very easy for parents and caregivers to feed families in a pinch. These products however are often loaded in fat, saturated fat, sodium, and calories. Getting back to basics for diet should be the focus in food preparation.

Staying away from packaged and prepared food items and opting for fresh veggies, fruits, and whole grains is where we need to place our efforts. It is just as fast to grab a banana, peel it, and eat it, as it is to heat up a packaged toaster pastry. The banana will give vitamins and a little fiber. The pastry will provide extra fat, salt, and saturated fat that we as population need to limit.

Start early in age. Try giving children fruits as after school snacks. Even if the fruit is canned in juice, it is still more nutritious than chips, cookies, or ice cream. Avoid lots of the juice drinks on the market. They provide lots of sugar and little else.

When preparing breakfast, stay away from the new cookie and candy flavored cereals. Growing up, "Oreos" and "Reese's Pieces" were cookies and candies, not cereals. Look for whole grain choices such as Wheaties, Cheerios and Raisin Bran. They will give you much more of a nutritional bang for the buck.

DIET, Page 13

Sports



PHC (AW) Jon Hoekersmith/U.S. Navy photo

TALL ORDER — Naval Academy Prep School guard Kelvin Boatner tries to hook a shot over the Community College of Rhode Island center during their matchup recently at Gym 302. CCRI won, 88-68.

NAPS closes season with 2 losses on road

The young Naval Academy Prep School (NAPS) Rams basketball team closed out its 2001-2002 season with games at Maine Central Institute in Pittsfield and Bridgton Academy in Bridgton, Maine, Feb. 22 and 23.

The Rams played hard, as always, but came up short against very talented teams at both schools. The third meeting against the MCI team was almost a carbon copy of the past two games as the Rams kept battling back, but MCI prevailed, 86-66.

The Rams were hurt by an injury to versatile Leonard Green early in the game and their depth at the outside positions was clearly a problem.

The Rams tough defense in the second half brought the score down to seven points before the Bears pulled away at the end for their 25th victory of the year.

"Kelvin Boatner handled the ball very well and was able to defeat the MCI press most of the game and showed great strides as operating the team from his point guard position," Coach Dave Sladky said.

"I think it was Kelvin's best floor game and he played solid against heavy pressure. In fact for 32

minutes of the game we had them frustrated and played well.

"Too bad the game was 40 minutes, though, as they hurt us with their spurts and we couldn't control them.

Matt Green, Tristin Redmon had 10 points, and Jeff Daisley, had his best game with 11 points.

The next day NAPS traveled to Bridgton, to take on the Seawolves. Again the Rams played hard and at half actually had the momentum and trailed by seven after getting it down to two.

In the cramped quarters of the Seawolves den, though, the visiting Rams were handicapped by a very aggressive Bridgton team that befuddled Navy in the second half.

"The turnovers led to many scores and we were getting beat up pretty good," Sladky said. "At times we held our own in the second half but we were just too tired to maintain the good effort we had in the first."

The Rams were led by Daisley again with 11 points with Redmon and Dave Hooper, 9 points apiece, but in the home stretch Navy just ran out of gas.

Bridgton prevailed, 87-67.

Recreation

Try our new flow yoga class

Stressed out with your daily routine? Looking for something to help you relieve stress and relax? Then you will want to register today for a new, dynamic "Vinyasa" (flow) yoga class, beginning on Wednesday, March 13.

This class will take participants through a series of poses with particular emphasis on using breath to guide movement. Students will learn the Ujjayi breathing technique and proper posture alignment while enjoying a vigorous cardiovascular workout. Special attention will be directed towards postures that aid in athletic activities.

Kristen Wilkes, a certified Yoga instructor and a licensed dietician at the Naval Ambulatory Care Center, will teach the class. The six-week session costs \$60 and classes are held from 4:45 to 5:45 p.m. in the Aerobics Room at Fitness Plus, Building 355.

A minimum of 10, pre-registered participants is needed for classes to begin and all participants must have a yoga mat by the first class. Mats may be purchased at Fitness Plus for \$18 during normal hours of operation. For more information, or to pre-register, call Fitness Plus at 841-1474.

Racquetball/squash tournament

MWR is pleased to announce a racquetball/squash tournament beginning on Monday, March 18 at Gym 109. The tournament is open to intermediate and advanced adult players (18 & over) and will run through Friday, 5 April. Military may participate at no charge and DoD civilians may enter for just \$5. The registration deadline is Wednesday, March 13. Prizes will be awarded for top players in each category. To register, or for more information call Gym 109 at 841-3154.

Intramural volleyball

Adults age 18 and over are invited to register for Intramural Volleyball that begins Monday, March 25. Matches will be played Monday through Friday at 5:15, 6:15 and 7:15 p.m. on court 2 at Gym 109.

Active duty, retirees, reservists, dependents and DoD civilians are welcome to participate. There is a \$100 refundable forfeit fee and a \$15 DoD civilian fee. Only three DoD civilians are allowed per team.

A mandatory coaches meeting is scheduled for 4:30 p.m. on Thursday, March 14 at Gym 109.

All teams must have shirts with numbers by the first game. Interested parties may register anytime at Gym 109. For more information, call Jim Gauch at 841-3154.

Are you a hot shot?

Show-off your best shot at the "March Madness Free Throw Contest", taking place on Thursday, March 21, at 5 p.m. on Court 3 at Gym 109. The shoot-out is open to authorized patrons ages 10 and over. Contestants must pre-register and there is no fee for military or their dependents to participate; DoD civilians may register for \$5 each. Prizes will be awarded to winners in each age division. For more information or to pre-register, contact Jim Gauch at 841-3154.

Be a treadmill 'Trek' star

Need to spice up your treadmill workout? Try trekking—a new, total treadmill workout, now available at Fitness Plus! Trekking is a group fitness class set to music, designed for runners, walkers and people of all fitness levels!

This class meets Wednesday mornings from 6 to 7 a.m. and is limited to the first six participants. Contact Fitness Plus at 841-1474.

Intramural basketball

The Naval Station Newport Intramural Basketball League results for Week 7, ending March 1, and final standing, follow:

18 and over
Feb. 25
DH-166 def. NACC, 49-47
Duck II def. NWDC, 63-49
SWOS 148 Bad Boy, 77-65
SWOS def. Alpha Squad, 71-53

Feb. 27
SWOS 148 def. NACC, 53-35
Ducks II def. Anarchy, 75-54
Alpha Squad def. PWT, 51-50
SWOS def. NWDC, 48-47

Feb. 28
DH -166 def. PWT 43-42
Bad Boys def. Anarchy, 67-39

Final Standings
SWOS.....12-0
Ducks II.....10-1
Alpha Squad.....9-3
Bad Boys.....7-4
SSP.....6-5
PWT.....5-6
DH-166.....4-9
NWDC.....3-8
NACC.....3-10
SWO 148.....3-3
Anarchy.....0-7

Job Fair

Continued from Page 3

up on."

Contemplating retirement next March, Chief Electronics Technician (SS/SW) Edwin Gonzalez attended the job fair to get a feel for employment in the area.

"I see some of the companies I come into contact with on a daily basis," said Gonzalez. Among those were a civilian staffing specialist from his current duty station, Naval Undersea Warfare Center Division Newport.

"I'm here to look at what options I'll have if I stay in the area," said Gonzalez. "There is excellent representation across all fields and that will allow me to make informed decisions."

Also thinking ahead to retirement, Operations Specialist First Class Mickey Pitre of the Naval War College, plans to retire in Florida, but found the Job Fair a useful tool just the same.

"It gives me an opportunity to gather information, see what jobs I'm geared for in the civilian market," said Pitre. "Some of the companies are worldwide, so it's also helpful for those who plan to relocate."

The fair was not exclusive to those wanting to talk to employers, but also those looking to be self-employed.

Paul Bouchard, Chief of Servicing and Liquidation at the

Small Business Administration, was on hand with information specific to military veterans looking for financial help to go into business for themselves.

"Compared to last year, self-business is more active," said Bouchard. A veteran himself, Bouchard said the SBA offers support in more than securing a loan.

"It involves more than just applying for a loan," said Bouchard. A proposal outlining all facets of the business is also required. Presenting a good business proposal increases chances of securing the loan tremendously. We can help with that."

Senior Chief Hospital Corpsman (AW) Janice Hughes, attached to Naval Ambulatory Care Center (NACC) Newport, said she is confident her military training will be marketable when she retires next year.

"I've gathered a lot of information from representatives from area medical facilities and it looks promising," said Hughes. Overall I think this is great. Whatever you're looking for, it's here."

A regular participant of the job fair, Jeff Belden, Head of IT and Project Management Service at Aquidneck Management Associates, said the fair presents an opportunity to talk to some very

highly qualified military personnel and this year is no exception.

"We have hired at least one person who attended the job fair every year we have participated," said Belden. "I have collected a number of interesting resumes again this year. Hopefully, we can get some of them on board as they become available."

Walt Shaughnessy, the Transition/Spouse Employment Specialist at FFSC, said he was pleased with the participation and turnout.

"We had approximately 325 people attend the fair," said Shaughnessy. "Considering the economic atmosphere, we were pleasantly surprised with the number of employers, as well as the number of attendees. The employers we talked to were very pleased with the high caliber job applicants in attendance."

Preparing for retirement, Cmdr. Pat Cerchio, Chief Staff Officer for NUWC Division Newport, found another FFSC sponsored program extremely useful for those who need help in the job search process.

"The Preparing for a Job Fair Workshop was outstanding," said Cerchio. "It covered how to write a resume, interview skills and other valuable information. I highly recommend it."

Rose

Continued from Page 4

Communications Electrician First Class (Surface Warfare) Stephen Blease, from the Naval War College; Boatswain's Mate (Air Warfare/Surface Warfare) Nicholas J. Gonsalves, Naval Justice School; Mess Management Specialist First Class (Surface Warfare) Wade L. Griffith, Naval Station Newport; Yeoman First Class John C. Lankford, Naval Readiness Command Northeast; Hospital Corpsman First Class Joselito A Jamero, Naval Ambulatory Care Center Newport; Machinist's Mate First Class (Surface Warfare/Air Warfare) John A. Newcomb, Surface Warfare Officers School Command; and Aerographer's Mate First Class (Air Warfare) John H. Schifer, from the Naval Training Meteorology and Oceanography Detachment at the Naval War College.

Rated the number one instructor at the Fire Fighting School, Petty Officer Rose's professional expertise, confidence and ability to present complex course material comprehensively, clearly and concisely sets him head and shoulders above his peers, the command said. Self-motivated, his accelerated track for certification/qualification to avail himself to instruct all five courses at the

Fire Fighting School.

He is qualified as a Master Training Specialist by Commander, Naval Education and Training (CNET).

In his capacity as course supervisor, Petty Officer Rose ensures all modems of instruction are current, updating all course changes and ensuring all equipment used for training is the most current available in the fleet.

Under his charge as field safety chief, a position routinely assigned to a chief petty officer or above, Petty Officer Rose's efforts have been nothing less than superlative. Responsible for security and safety of all instructors, more than 9,500 students from E-1 to O-6, as well as operation of the multi-million dollar trainer, Petty Officer Rose logged zero mishaps or safety discrepancies in over 300 live fire evolutions last year.

Described as an exemplary leader who lives the Navy core values of Honor Courage and commitment, Petty Officer Rose is highly respected by peers, subordinates and superiors alike.

Born in Birmingham, Ala., Petty Officer Rose enlisted in the Navy under the Delayed Entry Program in July 1990. Following

basic training and Engineman "A" School at Great Lakes, Ill., he reported aboard the amphibious tank landing ship USS Saginaw.

His other afloat assignments include the guided missile frigate USS Thach and the guided missile destroyer USS Arleigh Burke. He reported to the NETC Damage Control Department in May 2000.

A 1991 graduate of Roger Williams University, Petty officer Rose, also completed FFG-7 Class Propulsion Auxiliary Tech School, Great Lakes, Ill., and Air Conditioning and Refrigeration School, Norfolk, Va.

A nationally registered evangelist with the Church of Christ, Petty Officer Rose and is just as active in the community. He ministers at New Jerusalem Church of God in Christ in Providence, and is highly sought after as an inspirational speaker at churches throughout the East Coast. Sensitive to the needs of the community, Petty Officer Rose organized an initiative to provide meals to the elderly and homebound in Providence.

His personal military decorations include the Navy and Marine Corps Achievement Medal (two awards) and the Good Conduct Medal (two awards).

Blease

Continued from Page 4

earned the respect of my peers and superiors," Blease said.

Blease is the Leading Petty Officer for the Gaming and Communications Division at the Naval War College. He is responsible for the large, networked system of media operations within McCarty-Little Hall.

This includes the television studio, telephone circuits and audio/video systems. His division also coordinates all operations and maintenance of media tools in the building. If there are media functions going on at the War College, it is likely that Petty Officer Blease has a hand in the business.

Blease said some operations

have expanded to include video teleconferencing between the War College and the Pentagon, as well as various naval command and control ships at-sea.

"Petty Officer Blease is a true professional in every sense of the word," said Dr. Kenneth Watman, Director of Wargaming at the Naval War College. "Our (Wargaming) Department keeps Mr. Blease very busy and he never lets us down."

Blease is involved in community service, with his daughter's Junior ROTC unit at Rogers High School in Newport. He is the only Navy representative in the Army JROTC program."

Diet

Continued from Page 10

If children avoid the chips, cookies, and candies early in age, and do not get used to consuming them on a regular basis, they will be less likely to consume large amounts, as they get older. Habits start early; avoid the "bad" ones as much as possible to help the growing obesity problem in the country.

Exercise and physical activity is another way to help our children grow up to be healthy. The National Association for Sport and Physical Education, a non-profit group, examined about 40 studies on the effects of obesity, and released recommendations.

They encouraged parents to make sure children even as young as 3 at least one hour of physical exercise per day. Toddlers between the ages of 1 and 3 should get at least 30 minutes of physical activity each day.

Studies show that children who are obese often grow up to be adults who are obese, placing them at higher risk for diabetes, heart disease, and high blood pressure. If children are encouraged to exercise and be active at a young age, they will be more likely to remain active and help reduce their risks for developing future health problems. Parents can help by setting a good example for their children.

Obesity, diabetes and heart disease are growing problems in our country. If we can look at our diet and our activity patterns and try to make healthy lifestyle changes, we can reduce our risks for developing these diseases. It is never too late to start.

For more information on healthy lifestyle programs call the Health Promotion Department at 841-6777.

Course

Continued from Page 7

the workplace.

"Best business practices change over time," said, NSCS Executive Officer, Cmdr. Tim Greene, "AMP fills that gap, and allows the Navy to capitalize on our own business managers by giving them cutting edge knowledge which affords them a competitive edge."

Lt. Cmdr. Dan Allen, the AMP director for NSCS, said, "continuing education is essential to the viability of every organization, whether it is learning within or external to the organization. The AMP offers the Department of Defense a cost effective means to provide skills to our senior managers for success in their jobs by minimizing the learning curve associated with those positions."

Taught by leading professors in their respective fields, Navy business professionals will gain valuable insights into current civilian business practices and innovations through AMP, which they can in turn, incorporate into the Navy.

The course is open to commanders and lieutenant commanders selected to the rank of commander, and government civil servants at the GS-13 and 14 grade levels. Two pilot courses were conducted in 2001 and both received very positive reviews from attendees and flag panel members. There are several class convening dates for 2002.

For class dates and more information go to the AMP website at <https://www.amp.nscs.com>.

Environmental

Continued from Page 2

installations Navy-wide active in a number of internal and external environmental initiatives for the Environmental Stewardship Flagship Award.

From tots to adult, the staff developed a number of peer-appropriate programs targeted to educate and promote the practice of environmental stewardship.

For National Safe Drinking Water Week the staff visited local child care centers where they used hands-on activities developed to teach the children about water pollution, conservation, the natural filtration process, as well as things they can do individually to protect the resource.

In conjunction with the R. I. Department of Health, the staff helped coordinate and conduct a tour for than 800 elementary school children at the Newport Wastewater Treatment. The event also included a staged play and interactive displays and video presentations.

More than 200 people from NAVSTA and its tenant commands participated in the annual Earth Day base-wide clean-up coordinated by the Environmental Protection Department. Additional clean-

ups have been implemented in an effort to keep the base cleaner throughout the year.

Other external initiatives by the Environmental Department include judging the South Shore Regional Science Fair in Bridgewater, Mass.; participation in the annual Recycled Products Awareness Exhibit in conjunction with Rhode Island Recycles Day; and the annual Duck Race Spill Drill in Westerly, R.I.

In collaboration with North East Implementation team, the department is active in initiatives pertaining to marine life, particularly the Northern Right Whale.

It examines ways to eliminate entanglement in commercial fishing equipment and causes of death and beachment.

NAVSTA's attention to the environmental issues extends nationally as evidenced by their support of research conducted by the Smithsonian Environmental Research Center.

The study designed to track the infiltration of foreign species to local waters and its effects on the local ecosystem, involved the use of Naval Station Newport piers as one of several collection sites throughout the country.

Admiral

Continued from Page 2

ADMIRAL, Page 14

around and proceeded toward the Arabian Gulf and stood off Pakistan. It was soon joined by the aircraft carrier USS Enterprise and together they launched 70 sorties per day, seven days a week, around the clock against suspected al-Qaida terrorist camps in Afghanistan.

"There have been 9,000 sorties since Operation Enduring Freedom began," he said.

Natter thanked the veterans for their contributions to freedom and said over the past 225 years the U.S. Navy has been a worldwide force while economies become more interconnected.

"If we have a strong Navy we can fight them over there," he said. "If you have a weak Navy, you might be fighting them over here.

Kennedy gave an update on his work in Congress to advance Military Construction (MILCON) projects for Navy Newport. He hopes to include money in next year's budget for a new fire, police and security headquarters at Naval Station Newport.

He said he is pushing for a new Naval War College library three years early, and find money for new barracks and classroom facilities at the Naval Academy Preparatory School and Broadened Opportunity for Officer Selection and Training program.

He said he's made veterans' issues a top priority and seeks additional funding for Veterans Administration hospitals, services and prescription drugs.

He has sponsored legislation to end what he calls the "unfair practice" of concurrent receipts, which forces veterans to choose between a VA disability stipend or a military retirement pension. He also seeks legislation to better protect the ben-

efits of veterans' widows, widowers, and increase funding for tuition aid under the GI Bill.

Congress also needs to support military research and development, and education and training, he said.

"We must insure U.S. weapons and equipment is second to none," he said. The Naval Undersea Warfare Center is supplying some of that cutting edge technology, so much of that research and development is taking place here."

After lunch the veterans were bused to Pringle Hall, Naval War College, where they were welcomed by Rear Adm. Rodney P. Rempt, President.

He was followed by Dr. James Miskel, professor of national security at the college, who spoke on homeland security issues. He said of the \$40 billion requested in fiscal 2003 for homeland defense, the largest shares will go to the Departments of Defense and Transportation, which includes the Coast Guard.

He said "crisis management" of national security is a huge undertaking, involving prevention and the containment of terrorism, the identification of "new players," securing shorelines and borders with Canada and Mexico, Internet communications — all while respecting civil liberties that often restricts law enforcement.

State and local public health agencies have to be taught how to identify symptoms of biological warfare, and create new vaccines, he said.

Dr. William Martel spoke on the need for technology mobilization to deal with homeland security and defense against weapons of mass destruction.

"We need wider surveillance capabilities to monitor the movements of terrorism, and implement rapid response plans to protect our civilians and military," he said.

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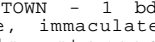
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Navy-wide news

Yeoman sees career in law enforcement

WASHINGTON (NNS) — Security needs changed on Sept. 11, 2001, opening more opportunity for Sailors to excel in the master-at-arms (MA) rating. The active-duty Master-at-Arms community is on pace to grow to 9,000 strong in the next few years, and offers opportunity in a number of different specialties, including investigations, protective services, small arms instruction and K-9 (dog) handling.

The MA rating is open to Sailors in pay grades E-1 through E-6, with 16 or less years of service. For one Sailor, the 400-percent growth in the MA rating was right where he wanted to plant his future.

"When I was a kid, I told everyone I was going to be a police officer," explained Yeoman Second Class Michael Thomas, assistant flag writer for the Chief of Naval Personnel, personnel division.

"It's something I've always wanted to do."

Thomas entered the Navy in 1992 and became a yeoman. After eight years, he opted to work in the civilian sector. "I started working security in the Norfolk, Va., area. I considered joining the local police force, but would have started at the bottom. A recruiter was talking with my sister and learned that I had been in the Navy. Eventually, we agreed that I'd come back in for the MA rating," explained the Danville, Ill., native.

Thomas was in Illinois at the time, and was sent to the Recruit Training Command Great Lakes for re-entrance into the Navy.

"While I was waiting for orders, I tore my Achilles tendon, so I was put on medical hold. Instead of waiting for several months before going to MA training, I took orders to Washington as a Yeoman," said the 29-year-old Sailor. After an initial 18-month tour, which was extended to 24 months, Thomas is finally going to realize his dream.

"I leave in July for six weeks of training at Little Creek Naval Base in Virginia, then I have follow-on orders to San Antonio, Texas, for three months to learn canine training."

Thomas has already completed several Navy law enforcement courses and is currently taking anti-terrorism training in his off time.

"I take the first class exam in March; if I'm selected I will put on MA1. One of the best things about converting to the master-at-arms rating, is that I'm also setting myself up for a law enforcement career when I retire from the Navy."

Navy's newest copter introduced to the fleet

CORONADO, Calif. (NNS) — The Navy introduced its newest fleet aircraft, the MH-60S Knighthawk helicopter, in a ceremony held here recently. Against a background of Sailors and helicopters at Naval Air Station (NAS) North Island, naval aviators and industry executives joined Chief of Naval Operations Adm. Vern Clark in formally introducing the Knighthawk to the fleet.

"This helicopter will make our force

more lethal and combat-capable," said Clark.

The CNO praised the men and women of Helicopter Combat Support Squadron (HC) 3 for their hard work and dedication in making the Knighthawk's fleet introduction a reality. The "Packrats" of HC-3, stationed at NAS North Island, were the first squadron to fly the aircraft.

The Knighthawk will assume the CH-46D Sea Knight's mission of carrier battle group logistical support, including inter-battle group replenishments of bombs and supplies, and personnel transport.

As two CH-46 and three MH-60 helicopters flew in formation over the ceremony, participants and spectators witnessed history in the making. The Knighthawk's introduction to the fleet is truly a milestone in naval aviation.

After undergoing flight testing at the Rotor Wing Aircraft Test Squadron (RWATS) in Patuxent River, Md., the first Knighthawk arrived at North Island on Dec. 19, 2000. Pilots at the squadron began training flights in the new aircraft in October 2001. The Knighthawk will soon arrive at its first operational fleet squadron, HC-5 in Guam.

Destroyer delivered

PASCAGOULA, Miss. (NNS) — The Navy took delivery of its newest warship, the Aegis guided-missile destroyer Shoup (DDG 86) from Northrop Grumman Ship Systems on Feb. 20. The ship is now known as Pre-Commissioning Unit (PCU) Shoup.

Phil Dur, Northrop Grumman Ship Systems' president, said delivery of Shoup continues the company's tradition of making each ship in its class even better than the previous one. "We're delivering her right on schedule."

Shoup is the first Aegis destroyer to have only one at-sea trial, which was followed by a second trial held pierside. Previously, each ship underwent two separate sea trial evolutions underway in the Gulf of Mexico. Under the new schedule, the Navy Board of Inspection and Survey (INSURV) has representatives on board for the single at-sea trial, to conduct the inspections

and tests required while the ship is underway.

"By conducting only one of the ship's two trial periods at sea, we save on fuel and on the costs associated with having a company and Navy workforce at sea," said Dur. "All of these costs are eliminated for us and the Navy. It's a win-win for the company, the Navy and the American taxpayers."

"This new schedule is indicative of our Navy customer's confidence and satisfaction that we can approach a single underway trial eliminating costs and maintaining a high level of quality for our ships," said Dur. "INSURV representatives complimented our collective performance during the first-ever dockside acceptance trial,

and thought the 'fit and finish' of Shoup was the best they had seen. The trial received positive reviews, and earned the DDG 86 team 'two brooms' for a clean sweep of systems testing."

DDG 86 is named for Marine Corps Gen. David M. Shoup, the 22nd Commandant of the Marine Corps, and World War II Medal of Honor recipient for his heroic actions during landings on Betio, Tarawa Atoll, in the Pacific in 1943.

Cmdr. E. Bernard Carter of Hopkins, S.C., is the ship's prospective commanding officer. Shoup will depart Pascagoula in April and join the U.S. Pacific Fleet during commissioning ceremonies June 22.



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